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HOUSEKEEPERS' CHAT

Friday, November 13, 1931.

(NOT FOR PUBLICATION)

Subject: "A Special Pie for Sunday." Information from the Bureau of Home Economics, U.S.D.A.

Bulletin available: "Cooking Beef According to the Cut."

---oooOooo---

It's usually the filling that makes the chief difference between one pie recipe and another. The crust recipe remains the same. It's the filling that makes the pie chocolate or cherry or pumpkin or prune, as the case may be.

But today I'm going to tell you about a pie that is different because of its crust. It's a cream pie but a special cream pie. Now, as everybody listening today knows, the usual ingredients in pie crust are flour, shortening and salt and water. But the ingredients in this different pie crust are graham crackers rolled fine, butter and sugar. The crust comes out a rich beautiful golden brown. Then you put in a cream filling with a meringue on top.

No wonder this pie's name, is cream pie delicious. No wonder the Menu Specialist suggests it for Sunday dinner. No wonder a husband I know declared that even his mother never made a pie as good as that.

But there. I know you are waiting for the recipe. By the way, are you feeling quite ambitious today? This is quite a long recipe to write, for it is in two parts the crust and the filling. I'm sure you will want it in your notebook, since it isn't in the radio recipe book.

First the special crust. Ingredients? Three, as I said.

15 large graham crackers
1/2 cup of melted butter
1/2 cup of sugar

Roll the graham crackers fine. Mix them thoroughly with the melted butter and sugar. Reserve about 1/4 cup of this mixture to sprinkle over the meringue. Place the rest in a pie tin and pat it out until it forms a thick,

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even lining on the inside of the pan. Bake in a moderate oven (350 degrees F.) for about 10 minutes or until slightly caramelized. The mixture blisters as it bakes, so, when the crust comes from the oven, pat it, to smooth out these blisters. Then let it cool.

Now the filling. Are you ready to write that?

Five ingredients:

1 pint of milk
1/4 cup of sugar
2 tablespoons of cornstarch
1/4 teaspoon of salt
3 eggs

Five ingredients. I better read them over. (Repeat)

Heat the milk in a double boiler. Mix the sugar, cornstarch and salt, and add this to the hot milk, stirring until the mixture has thickened. Then cover and cook for 15 minutes.

Beat the egg yolks, Pour into them a small quantity of the hot mixture and combine with the rest in the double boiler. Cook a few minutes longer. Remove and cool. When cold, place in the crust.

Make the meringue from the beaten egg whites, 6 tablespoons of sugar, a few grains of salt and a few drops of vanilla. Did you get all these? For the meringue-- 3 egg whites, stiffly beaten, 6 tablespoons of sugar, a few grains of salt, and a few drops of vanilla. Now spread the meringue over the top of the filling out to the edge of the pie and sprinkle with the graham cracker mixture reserved when making crust. Bake in a very moderate oven (325 degrees F.) for 15 to 20 minutes--or until lightly browned. Serve the pie cold.

That's all of the recipe. If you missed anything, please write me and I'll send you a mimeographed copy of it for your kitchen files, or recipe scrapbook.

Now the whole menu for Sunday dinner. First, rib roast of beef with Yorkshire pudding. Then, turnip greens: Buttered carrots; Pepper relish; and, for dessert, Cream pie delicious.

Full directions for preparing a perfect rib roast of beef and a fine Yorkshire pudding to go with it are in the beef leaflet.

Speaking of that leaflet, reminds me that the other day I was told just how many thousands of copies have been mailed from Washington to you housewives all over the country. I never could remember figures--exactly but it was over 300,000. Anyway, when I heard the enormous figure, I made up my mind that certainly every housekeeper in this country owned a copy.

But I was sadly mistaken. The very next day on the mail came four letters asking what the beef leaflet was, and another letter asking if there were any free publications on cooking meat.

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So I'm beginning all over again. I'm spreading news today to any new listeners and their friends. We have a leaflet to send you on cooking beef, another on lamb, one on fresh pork, one on cured pork, one on rabbit, and even one on cooking reindeer meat. Six free leaflets written by foods specialists at the Bureau of Home Economics. You can have a copy of each if you write me. A nice little set of six for your kitchen library.

And think how convenient for both you and me if you kept that set right where you could lay your hand on a leaflet as I talked over meal plans with you.

Well, let's repeat the menu again, and then take up some questions.

Rib roast of beef with good, old English Yorkshire pudding; Turnip greens; Buttered carrots; Pepper relish; and Cream pie delicious.

First question: "How can I keep the color in greens. "Mine always turn brownish color during cooking."

Answer: One important item in preserving the color in any green vegetables is to boil them in an open kettle. Remember the rule of lids off for greens. Another item is to drop them in boiling lightly salted water. Hard alkaline water neutralizes the acid of vegetables and helps retain their green color. Milk also helps retain this color, so sometimes for variety, cook green cabbage ~~or~~ green lima beans in milk and see how good they look and taste. Third item. Cook until just tender, not a moment longer. If you enjoy the taste of an acid like vinegar or lemon juice with your greens, add it just to season after cooking but never before or during. Acid, you see, turns the green color brown.

That brings us to another question often asked--the question about using soda in the cooking water to help keep the natural bright green color.

It is true that soda does help preserve the green, but our friends the specialists, do not advise using it because it destroys some of the vitamins. And vitamins, of course, are one of the big reasons why we eat those green. Also soda is inclined to affect the texture of the greens and make them mushy.

Guess what I discovered the Recipe Lady doing the other day. Making fruit cake and plum pudding for Thanksgiving and Christmas.

That put a thought into my head. Right then and there I decided to talk about fruit cake and plum pudding on Monday. It's not a bit too early to be at this job.

